

# Hubungan Status Gizi dengan Episode Serangan Ulang Demam Reumatik Pada Pasien Anak dengan Penyakit Jantung Reumatik Di Rsupn Cipto Mangunkusumo = The Correlation of Nutritional Status with Recurrent Episodes of Rheumatic Fever in Pediatric Patients with Rheumatic Heart Disease at RSUPN Cipto Mangunkusumo

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## Abstrak

Penyakit jantung reumatik (PJR) adalah kondisi yang menyebabkan kerusakan permanen pada katup jantung akibat episode berulang demam reumatik akut (DRA), yang disebabkan oleh reaksi autoimun terhadap infeksi bakteri *Streptococcus b Hemolitikus Grup A (GAS)*. Insidens tertinggi pada usia 12 tahun. Faktor sosioekonomi, seperti rendahnya pendidikan dan pendapatan, status gizi, ketidaktahuan, kualitas lingkungan yang buruk, serta akses layanan kesehatan yang sulit meningkatkan risiko PJR serta reaktivasi DRA.

Mengetahui hubungan antara status gizi dengan episode serangan ulang DRA pada pasien anak dengan PJR di RSUPN Cipto Mangunkusumo (RSCM).

Penelitian ini merupakan penelitian potong lintang di RSCM. Variabel yang dinilai antara lain status gizi dan episode serangan ulang PJR.

Dari 58 subyek dengan PJR, sebanyak 32 subyek (55,2%) berusia 10-15 tahun dengan median 12 tahun. Pasien dengan episode serang ulang DRA 21 subyek (36,2%), dengan gizi buruk 4 subyek (19%), gizi kurang 2 subyek (14,2%), dan gizi baik 14 subyek (66,7%). Tidak terbukti terdapat hubungan antara status gizi dengan episode serangan ulang DRA ( $p=0,59$  (OR -0,13; IK 0,13-1,00)). Faktor yang terbukti memengaruhi episode serangan ulang DRA adalah jenis kelamin ( $p=0,016$ ; aOR 0,052; IK 95% 0,05-0,057), dan peningkatan LED ( $p=0,04$ ; aOR 8,47; IK 95% 1,09-65,5).

Tidak terbukti terdapat hubungan antara status gizi dengan episode serangan ulang DRA pada pasien dengan PJR di RSUPN Cipto Mangunkusumo. Jenis kelamin dan peningkatan LED merupakan faktor yang terbukti memengaruhi episode serangan ulang DRA pada pasien dengan PJR.

.....Rheumatic heart disease (RHD) is a condition that causes permanent damage to the heart valves due to recurrent episodes of acute rheumatic fever (ARF), which results from an autoimmune reaction to infection with Group A Hemolytic *Streptococcus (GAS)* bacteria. The highest incidence occurs at age 12.

Socioeconomic factors, such as low education and income, nutrition status, ignorance, poor environmental quality, and difficult access to health services, increase the risk of RHD and recurrent episode of ARF.

This study aims to determine the correlation of nutritional status with recurrent episodes of ARF in pediatric patients with RHD at RSUPN Cipto Mangunkusumo.

This research employed a cross-sectional design at RSCM. The variables assessed included nutritional status

and recurrent episodes of ARF.

Among the 58 subjects with RHD, 32 subjects (55.2%) were aged 10-15 years, with a median age of 12 years. Patients with recurrent episodes of ARF comprised 21 subjects (36.2%), with 4 subjects (19%) categorized as poorly nourished, 2 subjects (14.2%) as malnourished, and 14 subjects (66.7%) as well-nourished. There was no significant correlation found between nutritional status with recurrent episode of ARF ( $p=0.59$ ; OR -0.13; CI 0.13-1.00). The factors that significantly influenced ARF reactivation episodes were gender ( $p=0.016$ ; aOR 0.052; 95% CI 0.05-0.057) and elevated ESR levels ( $p=0.04$ ; aOR 8.47; 95% CI 1.09-65.5).

No significant correlation exists between nutritional status with recurrent episodes of ARF. Gender and elevated ESR levels are factors shown to influence episodes of ARF reactivation in patients with RHD.